Appendix no. 2
Submission form
Student and PhD Student Participatory Budget
Edition 2026 – "Ecological innovations"

Project title: SGH Eco Gym – physical activity in harmony with nature / Eco Gym
Applicant(s): Maksymilian Skica
Why is the project important? (no more than 100 words) The 'SGH Eco Gym' project aims to modernise the university's sports infrastructure through the purchase of two stationary bicycles with power measurement and two rowing ergometers for the gym in Building G. The new equipment will replace old, partially faulty models, improving user comfort and promoting a healthy lifestyle. The previous equipment will be relocated to the Grosik and Sabinki student residences, where it will continue to serve residents. A key aspect of the project is its ecological character – the equipment is powered by muscle strength and does not require connection to electricity, thereby reducing the university's carbon footprint. In addition, the project supports the promotion of cycling and water transport as more environmentally friendly alternatives, while also encouraging physical activity in the spirit of sustainable development.
Project description (no more than 250 words) The 'Eco Gym' project involves the purchase of two modern stationary bicycles with power measurement (necessary to allow users to monitor speed and training intensity) and two rowing ergometers, which will replace outdated and partially faulty equipment in the gym of the SGH Warsaw School of Economics. The implementation of this project responds to the need to modernise the university's sports infrastructure, while also constituting an important step towards promoting a healthy lifestyle and environmental awareness among students and doctoral students. The equipment to be purchased is powered exclusively by muscle strength, meaning that it does not require connection to electricity. This represents an environmentally friendly alternative to the motorised treadmills currently available in the SGH gym. As a result, the project aligns with the overarching theme of 'Environmental Innovations' by reducing the university's carbon footprint. The stationary bicycles will provide an ideal means of building physical fitness in preparation for commuting to the university by bicycle on a daily basis, thereby

contributing to reduced exhaust emissions, lower traffic congestion and improved air quality. The rowing ergometers, in turn, symbolise the environmental benefits of water transport, which is more environmentally friendly than land or air transport.
An additional advantage of the project is its educational dimension in the field of environmental awareness. The information campaign accompanying the implementation of the project will promote physical activity and the benefits associated with choosing environmentally friendly forms of transport. The introduction of modern sports equipment will also improve the quality of studying and the university's infrastructure, supporting the comprehensive development of students and doctoral students. The implementation of the 'Eco Gym' project will bring multidimensional benefits – from improving infrastructure conditions to promoting a healthy lifestyle and environmentally responsible initiatives. The purchase of stationary bicycles and rowing ergometers will enable the SGH academic community to enjoy physical activity in the spirit of sustainable development. The project not only aligns with the concept of environmental innovation but also supports the development of a more aware and engaged academic community.

Simplified cost estimate

BikeErg Concept stationary bicycle with power measurement: 2 – 5 999 PLN x 2 = 11 998 PLN

Concept D PM5 rowing ergometer: 2 – 5 500 PLN x 2 = 11 198 PLN

Transport and installation costs: 500 PLN

Total costs: 23 696 PLN